



Tolland Senior Center
674 Tolland Stage Rd.
Tolland, CT 06084

Mailing Address:
21 Tolland Green

Phone: 860-870-3730

Hours:

Monday - Wednesday
8:30 AM - 4:00 PM

Thursday
8:30 AM - 6:30 PM

Website:
[www.tolland.org/](http://www.tolland.org/senior-center)
[senior-center](http://www.tolland.org/senior-center)

Dial-A-Ride Program
860-870-7940

***See back page for more
information***



will be operating on
The Country Butcher
property at
1032 Tolland Stage
Road
Every Saturday
10 am—12 pm

The Senior Scoop

This newsletter is located at the following website location:

<https://www.tolland.org/senior-services/pages/senior-center-newsletter-calendars>

What does a Senior Center mean to you?

The definition online is a community center for older adults, especially senior citizens, in which they can gather for social, educational and other activities.

A lot of people think it is a place where older adults go to play bingo. Some seniors think they are too young to come to a Senior Center. I know how they feel, I used to think that way!! And then I took the Senior Center Director position here at the Tolland Senior Center and have I learned a few things . . .

1. Seniors are not old people, we are older adults!
2. Age is just a number!
3. A Senior Center is for seniors of all ages!
4. A Senior Center is a place to feel that sense of community!
5. Senior Centers are a lot of fun!
6. Seniors are a fantastic group of people with so much to offer!
7. A Senior Center really is a Community Center for older Adults!!

Here at the Tolland Senior Center, we are a community of older adults that sing together, laugh together, play together, eat together, exercise together, volunteer together, enjoy each other's company and truly care about each other.

Maybe it's time to rethink what a Senior Center means to you. Stop in and see what we have to offer!

Kim

*Thank
You*

I would like to extend a great big THANK YOU to all of the seniors who volunteer their time here at the Senior Center.

Thank you for cooking, serving and washing dishes at our lunches, for running a program, for offering a service, for helping set up for programs, for rototilling the garden, for weeding the flowers, for giving rides to other seniors, for playing music, for video taping concerts and exercise classes, for playing the piano, for directing chorus, for coordinating fundraisers, and mostly, THANK YOU for being you!!

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

A snapshot of today's older adult:

According to research from The American Psychological Association, the number of Americans aged 65 and older is projected to double from 46 million to more than 98 million by the year 2060. Many of us will live past the age of 90. This really shifts the focus for health care providers and policymakers, as well as for us older adults. We should be looking for ways to improve the quality of our later years.

How do you see yourself in say, 10 years? Staying healthy, active and productive are some worthwhile goals. So let's break this down a little.

Staying healthy: Diet/nutrition, exercise, and maintaining a healthy weight. These are all parts of keeping healthy in body. Yet, it seems the older I get the less inclined I am to "get outside and take a good long walk", especially during the colder months. So, my husband and I decided to purchase two electric bikes. We used to bike all the time as younger adults. Now, those hills are daunting. Bill has had two knee replacements and I have had foot surgery, so those regular bikes are being sold. Ebikes are fun, and we can still pedal as much as we want, but those hills are actually fun now. We have to accept the changes in our bodies and modify our forms of exercise. Other ideas? Pickleball, chair volleyball, walking group, swimming, just a few things that might spark an interest for you.

Cognitive and mental health: We are all capable of learning new skills later in life. It may take a little longer to sink in, but eventually it does. Some changes, such as short-term memory will occur, as I am finding out. How many times do I have to repeat a name of someone new before it sinks in?? And I still get it wrong. Ya gotta laugh!! For years I called my client "Wendy", when her name was "Laura". And she never let on! Other mental health issues lean towards depression, anxiety, or dementia. There are so many resources in place for these underlying (or obvious) conditions. Here is a website you can refer to if you struggle with any mental health conditions: <https://portal.ct.gov/DMHAS/Programs-and-Services/Older-Adult-Services/Senior-Outreach-and-Engagement>

Reality: Many older adults continue to work, volunteer and act as caregivers. Participate in *different* social networks, and create regular *positive* interactions with family and friends. Steer clear of people that are negative, and have a tendency to bring others down. Unfortunately, people are classified by their age groups and not by individual characteristics – let's change that and show the world that just because our hair is grey and we move a little slower, we are STILL wise, wonderful, and have so much to offer. You certainly CAN teach an old dog new tricks. BE that *interested* person, remaining aware of new developments in the arts, sciences, politics, spirituality and other areas of culture. Be an *interesting* person. Engage in things that matter to you... and above all, be kind – we all have a story to tell, we are all carrying something that might weigh us down. Just put a little love in your heart. It'll all come back to you, you'll see.

Peace,

Rebecca



RENTER'S REBATE

Tolland Human Services is accepting applications for the **Renter's Rebate** Program beginning April 1, 2022 to October 1, 2022

To qualify:

- Your income must be less than \$38,100 single or \$46,400 couple
- You must produce Rent receipts from 2021
- You must indicate your 2021 Eversource account # and obtain any other qualifying utility bill (gas, water, fuel) if applicable
- You must submit your 2021 1099 from Social Security and all other sources of income received in 2021
- If you filed taxes in 2021, a copy will be needed

Contact Jeanne Pitney at Tolland Human Services JPitney@tolland.org 860- 871-3615 or Rebecca Ellert at the Senior Center rellert@tolland.org 860-870-3726 for more information and to see if you qualify. Maximum Renter's Rebate grant is \$700.

FOODSHARE MOBILE PANTRY

The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, **10-10:30 AM** in the parking lot adjacent to the United Congregational Church of Tolland, 45 Tolland Green. Pre-registration and identification are not required. For more information about FoodShare, residents may contact FOOD-SHARE at (860) 286-9999 or the UCC office at (860) 875-4160, or visit www.foodshare.org. Distribution at the Tolland site will be on **May 5 & 19**. *Residents must bring their own bags.*

ACCESS MOBILE FOOD PANTRY

Date—May 19, 2022

Time—12-1 PM

Place—ACCESS Housing at Parker Place

The Access Mobile Food Pantry will have an assorted selection of non-perishable items, fresh product, dairy, and more! Food will be distributed from the Mobile Food Pantry van in front of the main building. Please bring reusable bags!

Any Tolland senior is eligible to get food—no documentation is required.



CHECK WASHING DEMONSTRATION

Please join us on **Wednesday, May 4, 2022, at 10:30 AM** at the **Tolland Senior Center** as the *Tolland Resident Troopers Office* present a **Demonstration on Checking Washing**.

Come learn how it happens and how you can protect yourself. Fraud preventive pens will be handed for those who attend.



WEDNESDAY LUNCHES

Join us at the Senior Center every Wednesday as our chefs **Joanne & Judy** and their helpers serve you a delicious lunch while you enjoy great company.

The cost is **\$5.00 per lunch** payable when you come in.

On the first Wednesday of each month we will celebrate all birthdays for that month by singing happy birthday and sharing birthday cake!

Take out will still be available with a pick up time of 12:15 PM.

The menu is as follows:

Wednesday, May 4, 2022: *Goulash, three bean salad, roll & birthday cake.*

Wednesday, May 11, 2022: *Sausage gravy on biscuit, hash brown casserole, fruit & dessert.*

Wednesday, May 18, 2022: *Open turkey sandwich, stuffing, cranberry & dessert.*

Wednesday, May 25, 2022: *Pasta, meatballs, Italian bread, salad & dessert.*

Registration is required no later then the Monday prior to lunch

Contact the Senior Center at 860-870-3730 or kkowalyshyn@tolland.org to register.

Health and Wellness



Blood Pressure & Blood Sugar Clinic:

Tuesday, May 10, 2022, 10:00 to 11:30 AM

Chair Yoga: Wednesdays at 9:00 AM

Exercise: Tuesdays & Thursdays at 9:00 AM

Foot Care: Thursday, May 19, 2022 - \$30.00 fee
(please call 860-268-7698 for an appointment)

Reiki: Thursdays, May 12 & 26, 2022, 1:30 to 3:00 PM
(please call 860-870-3730 for an appointment)

Walking Club: Mondays at 1:00 PM (meet at Senior Center)
(weather & temperature permitting)



BEAN BAG TOSS

Having lunch at the Senior Center?

Why not work off that dessert playing Bean Bag Toss (also known as corn hole)!! We meet right after lunch at 1:00 PM every Wednesday.

No experience necessary, we will be happy to show you how to play.

Come join us for an hour or two of **FUN**, you won't be sorry!!!

SENIOR ONLINE PROGRAMS

From time to time online programs become available to enhance the lives of seniors. As they become available we will provide you with the information on our webpage found at www.tolland.org under Government and then Senior Center.

Live Well - Upcoming Active Living Toolkit

Telephonic 6-week workshops at no cost

Live Well with Chronic Conditions beginning May 19, 2022

Live Well with Chronic Pain beginning May 23, 2022

Live Well with Diabetes beginning May 12, 2022



AARP Driver Safety Courses

Online & Virtual Courses

RED CROSS



BLOOD DRIVE

RED CROSS BLOOD DRIVE

When: *Wednesday, May 11, 2022*

Where: *Tolland Senior Center, 674 Tolland Stage Road*

Time: *12:00 pm—5:00 pm*

To make an appointment call the Senior Center at 860-870-3730 or call the Red Cross at 1-800-733-2767 or online at www.redcross.org

CHAIR VOLLEYBALL



Join us at the Senior Center every Tuesday from 1:30 to 3:00 PM to play Chair Volleyball!!

What is Chair Volleyball you ask? It's volleyball sitting in chair using a beach ball.

The court is 14' wide by 22' long (smaller than a standard volleyball court) and the net is lower as well at 5' tall. There will be 6 chairs on each side and colored bibs/vests will be supplied for each team. And our friend Jackie has volunteered to referee! Check out the link below to see what Chair Volleyball is all about!

youtube.com/watch?app=desktop&v=ThrFNNnV8nM



PICKLEBALL

The Senior Center in conjunction with the Tolland Recreation Center is offering drop-in Pickleball on Thursdays at the Recreation Center (104 Old Post Road) for \$5.00 each week.

1:00 PM to 3:00 PM

There will be a 10 person maximum and we are asking that you call either the Senior Center (860-870-3730) or the Recreation Department (860-871-3610) to let us know by the Tuesday before if you plan on attending. You will be required to fill out a Registration form on your first visit and payment is made to the Recreation Department.

We are very excited to be working with the Recreation Department to bring you Pickleball!!!



BEYOND THE BOOK CLUB

Beyond the Book Club meets the fourth Monday of the month at 1:00 PM to discuss the book of the month. Books and Audio tapes are available at the Tolland Public Library.

| | |
|--------------------|---|
| May 23, 2022 | Long Time Gone by J. A. Jance |
| June 27, 2022 | Before She Disappeared by Lisa Gardner |
| July 25, 2022 | The Martian by Andy Weir |
| August 22, 2022 | The Shell Seekers by Rosamunde Pilcher |
| September 26, 2022 | Circle of Friends by Maeve Binchy |
| October 24, 2022 | The Searcher by Tana French |

LIBRARY PROGRAMS

Below are Library programs that may be of interest to some of you. Library programs are **free of charge** but do require you to **register prior to the program**. Register for any of these programs by using the Online Library Events Calendar found at www.tolland.org/library or by calling the library at **860-871-3620**.

Friends of the Tolland Public Library Meeting (Library Program Room)

Monday, May 2, 2022 - 11:00 AM

Meditation (Library Program Room & Zoom)

Tuesday, May 3, 2022 - 6:30 PM

Cooking - Cinco de Mayo Dinner (Zoom)

Thursday, May 5, 2022 - 6:30 PM

Painting Demo (Library Program Room)

Saturday, May 21, 2022 - 2:00 PM

Introduction to e-books (Library Program Room)

Thursday, May 26, 2022 - 2:00 PM



RECREATION PROGRAMS

Below are Recreation programs that may be of interest to some of you. Recreation programs do have a **fee associated** with them and require you to **register prior to the program**. For more information or to register for a program visit www.tollandrec.com or call the Recreation Department at **860-871-3610**.

Yoga (Tolland Recreation Center)

Tuesdays, May 17 - June 14, 2022 - 9:00 AM

Wednesdays, May 18 - June 15, 2022 - 4:45 PM AND 6:00 PM

Knitting Class (Tolland Recreation Center)

Tuesdays, April 19 - May 24, 2022 - 6:30 PM

Golf Lessons (Skungamaug River Golf Course)

Mondays, May 2 - May 23, 2022 - 6:00 PM - **Coed lessons**

Wednesdays, May 4 - May 25, 2022 - 6:00 PM - **Coed lessons**

Mondays, June 16 - June 27, 2022 - 6:00 PM - **Ladies lessons**





SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini on Thursday, **May 26, 2022** at **10:30 AM** as she shows you how to make *The Best Lemon Bars*.

THE BEST LEMON BARS

1 cup butter, softened
½ cup white sugar
2 cups all-purpose flour
4 eggs

1 ½ cups white sugar
¼ cup all-purpose flour
2 lemons, juiced

- ♦ Preheat oven to 350 degrees.
- ♦ In a medium bowl, blend together softened butter, 2 cups flour and ½ cup sugar.
- ♦ Press into the bottom of an ungreased 9x13 inch pan.
- ♦ Bake for 15 to 20 minutes in the preheated oven, or until firm and golden.
- ♦ In another bowl, whisk together the remaining 1 ½ cups sugar and ¼ cup flour. Whisk in the eggs and lemon juice. Pour over the baked crust.
- ♦ Bake for an additional 20 minutes in the preheated oven. The bars will firm up as they cool.
- ♦ For a festive tray, make another pan using limes instead of lemons and adding a drop of green food coloring to give a very pale green. After both pans have cooled, cut into uniform 2 inch squares and arrange in a checker board fashion.



LINE DANCING

Come join us on Thursdays for Line Dancing - Don't know how?

No problem, we will teach you during our beginner class. Great fun and exercise!!!

Improver - 2:00 to 3:00 PM - **Beginner** - 3:15 to 4:15 PM

Remember to bring water and a change of shoes!!



THEATRE THURSDAY

Featuring *The Blind Side*

PG-13 - 2009 - 2h 08m



Starring Sandra Bullock, Tim McGraw, Quinton Aaron, Kathy Bates

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohy's eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.

Thursday, May 12, 2022 - 2:30 PM at the Tolland Senior Center

Popcorn and drinks will be provided.

2022 Senior Center Trips



June 26, 2022: Lighthouse Cruise, Narragansett Bay, RI

Cruise aboard a beautiful catamaran with plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views for 90 minutes! Prior to the cruise enjoy a wonderful brunch at the Quonset 'O' Club and following the cruise visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for fudge, an ice cream shoppe and more.

*Depart Tolland Senior Center at 8:15 AM with estimated return at 6:30 PM
Cost \$123.00 per person*

August 17, 2022: Covered Bridges of New Hampshire

At the Cathedral of the Pines in Rindge, NH, stand among the tall pines overlooking the valley as you explore the sanctuary, sacred spaces, monuments, and burial grounds built as memorial to those fallen in service on your guided tour. Lunch will be nearby at the Woodbound Inn with its rustic & cozy atmosphere. And finally grab your camera and come explore several covered bridges on a guided driving tour in Southern New Hampshire.

*Depart Tolland Senior Center at 8:00 AM with estimated return at 5:45 PM
Cost \$104.00 per person*

September 21 - 23, 2022: Sight & Sound Theatre - David - Lancaster, PA (2 nights)

Spend 2 nights at the newly renovated Comfort Suites Lancaster. On your first night you will have an authentic Amish meal in an actual Amish home enjoying a Q&A with your Amish hosts. The next day enjoy an Amish Artisan shopping adventure traveling through spectacular Amish farmlands, then you will watch the new show "David" at the Sight & Sound Theatre and finish up the day with dinner at Miller's Smorgasbord. On the last day before you head home, you will stop at the Bird-in-hand Farmers market before boarding the Strasburg Railroad as you travel through 2,500 acres of preserved Amish farmland.

Cost \$585.00 per person for double/triple room or \$715.00 per person for single room

November 10, 2022: Grand Oak Villa - America the Beautiful, Oakville, CT

Visit the Grand Oak Villa for their annual patriotic luncheon show. Ray Guillemette, Jr., and his live band, King Kountry will be performing some of your favorite patriotic and country hits in a tribute to our Veterans. Cheese, crackers & pepperoni will be served upon arrival and then a family style meal will be served.

*Depart Tolland Senior Center at 10:30 AM with estimated return at 4:30 PM
Cost \$104.00 per person*

***For more information visit our webpage at www.tolland.org/senior-center/pages/trips,
stop by the Senior Center or give us a call at 860-870-3730.***

All trips are subject to change



TECH CLASS



Struggling with your smart phone? Tablet giving you problems? Have a few technology questions?

All good reasons for you to come to Tech Class. We offer a Technology class once a month on the 2nd Monday (May 9, 2022) from 2:00 to 3:00 PM with one on one help from volunteer Tolland High School students.

Bring your phone, tablet, iPad or laptop and let these students help you with your questions!!!

Don't let your smart phone be smarter than you!

May Birthdays

| | | | |
|-------------|------|--------------|------|
| Marie M. | 5/1 | Helen S. | 5/14 |
| Wayne R. | 5/2 | Eileen F. | 5/16 |
| Stuart M. | 5/4 | Barbara L. | 5/17 |
| Irene S. | 5/6 | Darrell W. | 5/19 |
| Beverly G. | 5/7 | Louise C. | 5/23 |
| Peg A. | 5/8 | Patricia C. | 5/23 |
| Jo-Ann L. | 5/8 | Louise S. | 5/23 |
| Greg C. | 5/8 | Donna G. | 5/23 |
| Maura B. | 5/9 | Barbara L. | 5/25 |
| Diana T. | 5/9 | Carol I. | 5/26 |
| Janice A. | 5/10 | Sandra S. | 5/26 |
| Judy C. | 5/10 | Marion M. | 5/27 |
| Maryanne B. | 5/11 | Alexandra T. | 5/27 |
| Pam O. | 5/11 | Nikki M. | 5/29 |
| Andy S. | 5/11 | Joan D. | 5/30 |
| Thomas W. | 5/13 | Jane J. | 5/30 |
| Jane S. | 5/14 | | |



Happy Birthday



NOTE-ABLES SPRING CABARET

The Note-ables chorus will present a "Spring Cabaret"

Sunday, May 15, 2022

2:00 - 3:00 PM

Tolland Senior Center, 674 Tolland Stage Road

Drinks & snacks will be provided.



COVID CLINIC

FREE COVID-19 vaccinations and boosters - No Appointments Needed!

Monday, May 9, 2022 - 12:00 to 4:00 PM - Tolland Senior Center, 674 Tolland Stage Road

Vaccines available for 5 to 11 years old & 12+ to adult. Health insurance card & photo ID are requested but not necessary to receive vaccine.

If receiving 2nd dose or booster, please bring your white CDC Vaccination Card for faster service.

SENIOR CENTER PROGRAMS

Bean Bag Toss: Join us on Wednesdays from 1:00 - 3:00 PM to toss a few bean bags.

Billiards: Join us on Mondays and Wednesdays from 9:00 AM - 12:00 PM to play billiards.

Blood Pressure & Blood Sugar Clinic: Stop in on the 2nd Tuesdays of the month between 10:00 and 11:30 AM to have your blood pressure and blood sugar checked.

Book Club: Book discussion is held on the 4th Monday of the month at 1:00 PM.

Cards: Join us on Wednesdays from 1:00 - 3:00 PM to play Canasta, Cribbage, Setback, Bridge or the Game of 65.

Chair Volleyball: Join us on Tuesdays at 1:30 PM for an hour and a half of fun & exercise.

Chair Yoga: Join us on Wednesdays at 9:00 AM for a time of relaxation.

Chorus: Love to sing? Then join the "Note-ables" on Mondays at 10:00 AM.

Dominoes: Join us on Thursdays from 12:30 - 2:30 PM for some fun playing Dominoes.

Exercise: Come join Janett for this popular exercise program on Tuesdays and Thursdays from 9:00 - 10:00 AM. Be sure to wear comfortable clothes and shoes and bring a water bottle.

Foot Care: Make an appointment with our Foot Care nurse on the 3rd Thursday of the month between 9:00 AM and 2:30 PM.

Jammers: Come sit back and enjoy the wonderful music from the Tolland Jammers Band every 1st and 3rd Monday of the month from 1:00 - 3:00 PM.

Line Dancing: Come join Susan for this popular dance on Thursdays at 2:00 pm for Improver and 3:15 PM for Beginners. Be sure to bring a change of shoes and a water bottle.

Mahjong: Join us on Tuesdays at 1:00 PM to play Mahjong, a game played with tiles.

Pickleball: Join us on Thursdays from 1:00 - 2:30 PM to play Pickleball at the *Tolland Recreation Center*. It's drop-in and the cost is \$5.00 each week payable to the Rec Center.

Ping Pong: Join us on Tuesdays at 1:00 PM to play Ping Pong.

Quilting & More: Join us on Tuesdays and Thursdays at 10:00 AM as we quilt, stitch, needle point, knit or crochet while enjoying good company.

Reiki: Make an appointment with our Reiki therapist on the 2nd & 4th Thursdays between 1:30 - 3:00 PM. Be sure to wear comfortable clothes and bring a pillow case and twin sheet or beach towel.

Seniors with Thyme: Join us on the 4th Thursday of the month at 10:30 AM at the Center for an easy to follow cooking presentation.

Tech Class: Join us on the 2nd Monday of the month at 2:00 PM for a brief lesson and then one on one Tech help..


Theatre Thursday: Join us to watch a movie (and have popcorn) on the 2nd Thursday of the month at 2:30 PM.

Walking Club: Meet us on Mondays at 1:00 PM for a walk/hike on the beautiful trails of Tolland. We meet up at the Senior Center and leave from there. Weather & temperature permitting.

All Programs are subject to change without notice at the discretion of the Director.

Any questions? Please call the Senior Center at 860-870-3730.

MAY 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|---|
| 1 | 2 BILLIARDS CHORUS JAMMERS WALKING CLUB | 3 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL VOTING DAY | 4 BILLIARDS CHAIR YOGA CHECK WASHING LUNCH CARDS BEAN BAG TOSS | 5 EXERCISE MAJESTIC TRIP QUILTING & MORE DOMINOES PICKLEBALL LINE DANCING | 6 | 7 FARMERS MARKET 10 AM - 12 PM 1032 Tolland Stage Road |
| 8 | 9 BILLIARDS CHORUS COVID CLINIC WALKING CLUB TECH CLASS | 10 EXERCISE QUILTING & MORE BLOOD PRESSURE MAHJONG PING PONG CHAIR VOLLEYBALL | 11 BILLIARDS CHAIR YOGA LUNCH BLOOD DRIVE CARDS BEAN BAG TOSS | 12 EXERCISE QUILTING & MORE DOMINOES PICKLEBALL REIKI LINE DANCING THEATRE THURSDAY | 13 | 14 FARMERS MARKET 10 AM - 12 PM 1032 Tolland Stage Road |
| 15 NOTEABLES SPRING CABARET | 16 BILLIARDS JAMMERS WALKING CLUB | 17 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL | 18 BILLIARDS FOOT CARE CHAIR YOGA LUNCH CARDS BEAN BAG TOSS | 19 EXERCISE FOOT CARE QUILTING & MORE DOMINOES PICKLEBALL LINE DANCING | 20 | 21 FARMERS MARKET 10 AM - 12 PM 1032 Tolland Stage Road |
| 22 | 23 BILLIARDS CHORUS BOOK CLUB WALKING CLUB | 24 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL | 25 BILLIARDS CHAIR YOGA LUNCH CARDS BEAN BAG TOSS | 26 EXERCISE QUILTING & MORE SENIORS w/THYME DOMINOES PICKLEBALL REIKI LINE DANCING | 27 | 28 FARMERS MARKET 10 AM - 12 PM 1032 Tolland Stage Road |
| 29 | 30 CLOSED  | 31 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL | | ***** Please see activity times below ***** | ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR | |

| | | | | | |
|-----------------------|----------|--------------|------------|-------------------------|----------|
| Bean Bag Toss | 1:00 PM | Chorus | 10:00 AM | Noteables Concert | 2:00 PM |
| Billiards | 9:00 AM | COVID Clinic | 12:00 PM | Pickleball (Rec Center) | 1:00 PM |
| Blood Drive | 12:00 PM | Dominoes | 12:30 PM | Ping Pong | 1:00 PM |
| Blood Pressure Clinic | 10:00 AM | Exercise | 9:00 AM | Quilting & More | 10:00 AM |
| Book Club | 1:00 PM | Foot Care | 9:00 AM | Reiki | 1:30 PM |
| Cards | 1:00 PM | Jammers | 1:00 PM | Seniors with Thyme | 10:30 AM |
| Chair Volleyball | 1:30 PM | Line Dancing | 2 & 3:15PM | Tech Class | 2:00 PM |
| Chair Yoga | 9:00 AM | Lunch | 12:00 PM | Theatre Thursday | 2:30 PM |
| Check Washing Pres. | 10:30 AM | Mahjong | 1:00 PM | Walking Club | 1:00 PM |

*Town of Tolland
Senior Center
21 Tolland Green
Tolland, CT 06084*

Address Correction Requested



Tolland Human Services Department

Senior Center Director: Kim Kowalyshyn, 860-870-3725
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: Maureen Flanagan, 860-871-3612
Human Services Case Manager: Jeanne Pitney, 860-871-3615
Human Services Administrative Assistant: Elise Johnson, 860-871-3648

Please visit us on the Tolland website at www.tolland.org

The Town of Tolland is An Affirmative Action/Equal Opportunity Employer



***HOCKANUM VALLEY COMMUNITY COUNCIL
DIAL-A-RIDE PROGRAM
860-870-7940***

Dial-A-Ride services are available to Tolland residents who are at least 60 years of age or disabled adults (18 to 60 years of age). Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. This program will provide transportation to locations in Vernon, Ellington and Tolland for medical appointments, shopping, social and recreational activities.

Rides are also provided to Manchester and South Windsor for medical appointments Monday through Friday as well as to the mall or any other shopping retail stores in Manchester.

Reservations are made on a first come, first serve basis. Reservations can be made up to 8 weeks in advance of the appointment.

There is a \$20 annual fee when you register. A \$2.00 donation will be applied when boarding the van on each trip. Round trip costs \$4.00. You must have the exact amount as the drivers will not have change. No rider will be denied. To make reservations, call 860-870-7940; Monday - Thursday between 7:30 a.m. - 4:30 p.m. Friday 7:30 a.m.—1:30 p.m.

<https://www.hvcchelps.org/transportation>